

**Amendments to the Specification:**

Please replace paragraph [00017] with the following amended paragraph:

Fig. 1 illustrates in a perspective view an embodiment of the present disclosure generally shown as garment 10. The garment 10 comprises a first end 12 and a second end 14, wherein the second end 14 is oppositely positioned from the first end 12. The first end 12 includes a ventilated area 16 which is free from material to expose the interior of the garment 10 while the second end 14 includes a body area 18 which is adapted to form a fit around the body part as will be discussed. A member 20 having a plurality of areas 22 such as a top, bottom and sides is disposed between the first end 12 and the second end 14, wherein the member 20 comprises a flexible material. A plurality of pockets 24 uniformly dispenses around the member 20, wherein the pockets 24 are associated with the areas 22. The pockets 24 may be associated with the top area 22 as shown. Additionally, the pockets 24 may be associated with bottom and side areas 22. The garment 10 also comprises a handle 26 positioned within the member 20 near the first end 12.

Please replace paragraph [00022] with the following amended paragraph:

Turning to Figs. 5a and 5b, the body part 32 is shown disposed through the garment 10 such that the member 20 is adapted to be flexibly positioned around the body part 32. In configuration of Fig. 5a, the body part 32 comprising a hand and forearm inserts through the flexible member 20. The body area 18 configures around the body part 32 to further assist in a tight fit of the member 20 around the body part 32. Since the handle 26 is positioned near the first end 12, portions of the body part 32 such as a hand easily connect with the handle 26. Additionally, since the pockets 24 are disposed along the member 20, the corresponding weights 28 are uniformly distributed around the body part 32. In the configuration of Fig. 5a, the handle 26 connects with the body part 32 while the handle 26 is in the horizontal position. Accordingly, the hand can easily connect with the handle 26 to constrain the body part 32 within the member 20.

Additionally, the ventilated area 16 exposes the handle 26 and body part 32 to the environment to assist in cooling the body part 32.

Please replace paragraph [00024] with the following amended paragraph:

Turning to Fig. 6, the handle 26 is positioned in a vertical position. As such, the handle 26 is moveable between the horizontal position and the vertical position via slots ~~32~~ 33. The handle 26 is configured to be releasable from the member 20. Thus, the handle 26 is movable to a preferred gripping position for the user. In this configuration, the body part 32 easily connects with the handle 26 while remaining exposed to the environment via the ventilated area 16.

Please replace paragraph [00031] with the following amended paragraph:

In another method of use, the user may twist the body part 32 connected with the handle 26. In response, the handle 26 torsionally resists movement via the slots ~~32~~ 33 positioned within the member 20. For example, the user may connect the hand with handle 26 and may rotate the hand while the forearm performs the exercise movements. During these exercise movements, the handle 26 torsionally resists the twisting of the body part 32 to enhance the exercise routine.